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INSTITUTE OF SOCIAL
MEDICINE

10. PARKS ROAD,
OXFORD



WESTMORLAND COUNTY COUNCIL

ANNUAL REPORT

of the

School Medical Officer

THE YEAR 1947



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STAFF OF THE SCHOOL MEDICAL SERVICE.

School Medical Officer—John A. Guy, M.D., D.P.H.

Assistant School Medical Officers—

J. Wright, L.R.C.P. & S., Edin.; L.R.F.P.S., Glas.: D.P.H.
(resigned 31-3-47).

F. M. Taylor, M.R.C.S., L.R.C.P. (temporary appointment
made permanent as from 1-4-47).

J. Berkeley, M.D., Ch.B., D.P.H. (appointed 19-5-47).

School Dental Officer—J. Irvine, L.D.S.

Assistant School Dental Officers—

W. M. Morton, L.D.S. (resigned 31-1-47).

D. H. Watson, L.D.S.

C. Parkinson, L.D.S. (appointed 1-2-47).

Orthopædic Nurse—Mrs. D. Williams, S.R.N.

Social Worker—A. M. A. Medley (appointed January, 1947.)

School Nurse—Miss Holmes, S.R.N.

SPECIAL CLINICS AND CONSULTANTS.

Diseases of the Eye—S. S. Sumner, Hon. Surgeon, Preston Royal Infirmary.

W. B. Brownlie, Underwood, Heversham.

Diseases of the Ear, Nose and Throat—Sinclair Stewart, Hon. Surgeon, Westmorland County Hospital.

Diseases of the Chest—Dr. J. Munro Campbell, County Tuberculosis Officer.

Consulting Psychiatrist—Dr. Braithwaite, Medical Superintendent, Garlands Mental Hospital, Carlisle.

Orthopædic Clinics.—Jean T. W. Bucknell, M.B., Ch.B., Medical Superintendent, Ethel Hedley Orthopædic Hospital.

Speech Therapist—Mrs. Arkle (part-time)—temporary leave of absence from September.

WESTMORLAND COUNTY COUNCIL

County Hall,
Kendal.

October, 1948.

To the Chairman and Members of the Education Committee
of the County of Westmorland.

Mr. Chairman, Ladies and Gentlemen,

Introduction to the Annual Report on the School Health Service

The year 1947 has again seen some alteration in the School Medical Staff. Dr. Wright, the Assistant School Medical Officer, who had been in Westmorland for 17 years, resigned on 31st March, and one would not like her to leave without making some mention of her long years of service and notable contribution to the School Medical Service in Westmorland. Dr. Joseph Berkeley was appointed to the vacant position and took up duty in May.

During the year some increases in the scope of the Service have occurred. From November, the Child Guidance Clinic was held fortnightly instead of monthly. With a view to making the Orthopaedic Service more readily available a new clinic was opened in Kirkby Stephen and the County is now adequately covered by this Service. Unfortunately the speech therapist resigned in September and we have been unable to replace her, so that this service is in the meantime in abeyance.

On the whole the general health of the school children has been satisfactory and although our diet is restricted there has been no appreciable increase in the number of children falling into the "C" category.

In the summer, in common with the rest of Great Britain we suffered to some extent from an outbreak of poliomyelitis, which was the worst since 1911. There was also an outbreak of measles, especially in the northern part of the county, resulting in a serious temporary diminution in the numbers of children attending school.

When Dr. Wright left it was necessary to make a different arrangement for the examination of children with defective vision and a scheme was initiated whereby children having simple refractive errors were referred to ophthalmic opticians for prescription and provision of spectacles. Children with more serious defects were examined by the consultant eye specialists, Mr. Brownlie and Mr. Sumner.

I wish to thank the members of your Committee, the staff of the Education Department, the Medical, Nursing and Clerical Staff of the School Health Department for their loyal co-operation and help.

I have the honour to be,

Ladies and Gentlemen,

Your obedient servant,

JOHN A. GUY,
School Medical Officer.

Milk in Schools Scheme.

The number of schools supplied with milk is satisfactory; only 6 schools have no milk scheme in operation. So far as possible Tuberculin Tested milk is supplied in one-third pint bottles. Failing this, Pasteurised milk is supplied. Out of a total of 115 schools the number of schools supplied with milk is 109, as follows:—

Designation of milk supplied.			No. of Schools.
Attested	16
Tuberculin Tested	58
Accredited	2
Pasteurised	25
Undesignated	6
Dried	2
			<hr/> 109 <hr/>

Classification of General Condition of Children Examined at Medical Inspection.

In accordance with the instructions of the Ministry of Education the old classification of "Nutrition" has now been abandoned and the term "General Condition" substituted, because most doctors feel that it is extremely difficult to diagnose the state of nutrition at an ordinary clinical examination. The Ministry state that the division of children into classes A (Good), B (Fair) and C (Poor), is not a scientific one and that it will not be of much use for statistical purposes, but it will be regarded as the doctor's general impression of the child at the end of the examination.

Infestation (Uncleanliness).

During the past year 23,390 examinations were carried out by the District Nurses and the number of children found to be suffering from vermin or nits was 536, which compares favourably with the number 629 of the previous year.

The following table shows the incidence of infestation during the past 10 years:—

Year.	No. of examinations for uncleanliness.		No. of children found unclean		Percent. of child'n found unclean.	
1938	...	24212	...	435	...	1.8 %
1939	...	29881	...	1572	...	5.3 %
1940	...	46782	...	1266	...	2.7 %
1941	...	50192	...	1773	...	3.5 %
1942	...	40056	...	1211	...	3.0 %
1943	...	32561	...	883	...	2.7 %
1944	...	32224	...	600	...	1.9 %
1945	...	29210	...	708	...	2.4 %
1946	...	24680	...	629	...	2.5 %
1947	...	23390	...	536	...	2.3 %

Tonsils and Adenoids.

The enlargement of tonsils and adenoids was one of the commonest defects noticed in school medical inspection.

No. of children found to have enlarged tonsils requiring treatment	170
No. of children found to have adenoids requiring treatment	21
No. of children found to have enlarged tonsils and adenoids requiring treatment	48
No. of children who received operative or other forms of treatment	115

Speech Therapy.

The speech therapy classes recommenced on 20th May but were suspended on 1st November, as the speech therapist was granted leave of absence.

No. of sessions held during 1947	54
No. of children on register	21
No. of attendances	286

Psychiatric Clinic.

This clinic is held at Stramongate School Clinic, Kendal. Dr. Barton Hall, the consulting psychiatrist, resigned her appointment in May and her place was taken by Dr. Braithwaite, Medical Superintendent of Garlands Mental Home, Carlisle. The psychiatric clinic was previously held monthly but since November, 1947, a fortnightly clinic was held.

No. of clinics held during 1947	21
No. of attendances	286

Special Ear, Nose and Throat Defects.

Children with special defects or abnormalities are referred to the Westmorland County Hospital to be seen by the consulting surgeon. This procedure has been helpful in dealing with such cases as chronic otorrhoea, increasing deafness, infected sinuses. The following list illustrates the type of case referred:—

Condition.	No. of children referred.
Otorrhoea ...	4
Nasal obstruction ...	1
Defective hearing ...	14
Nose bleeding ...	2
Sinusitis ...	1
Nasal polyp ...	1
Cleft palate ...	1
Nasal catarrh ...	1
Nasal discharge ...	1
Nasal speech ...	2

Minor Ailments.

No change has been made in the method of dealing with children suffering from minor ailments. In Kendal the Stramongate School Clinic has been held daily throughout the term. In the rural areas children are referred to their own doctors by the school nurse or School Medical Officer. The commoner ailments have been multiple septic sores, minor injuries, impetigo contagiosa, other skin diseases, minor eye defects. In addition to the treatment of minor defects, mothers have frequently sought the advice of the Clinic Doctor on points of health and general hygiene.

Skin Diseases.

There was a marked decrease in the number of children suffering from scabies, the number for 1947 being 34, contrasting with 67 in the previous year. The treatment adopted was by benzyl benzoate.

There was also a decrease in the number of children suffering from ringworm—28 as contrasting with 33 in the previous year. Advantage was taken of the facilities at the Laboratory at the School of Tropical Medicine, London, for the diagnosis of cases.

The report of the Chief Medical Officer of the Ministry of Education was particularly helpful in connection with the diagnosis and treatment of ringworm and so far as possible his advice has been carried out.

Orthopædic Scheme.

Apart from the opening of a new clinic at Kirkby Stephen no substantial changes have been made in the County Orthopaedic Scheme. Clinics are held in Kendal and Kirkby Stephen at three monthly intervals, in Penrith and at Ethel Hedley Hospital

at two monthly intervals. Children with orthopaedic defects are noted at school examinations and referred to orthopaedic clinics where a diagnosis is made and the appropriate treatment advised. Follow-up work is done by a part-time nurse who has had experience of orthopaedic work. During the year 328 children attended clinics and received treatment or advice. 12 children received in-patient treatment; 863 visits to children at their homes or at schools were made by the orthopaedic nurse. The principal defects found were: Flat feet, knock knees, hallux valgus, hammer toe, postural defects, and old congenital deformities.

Handicapped Pupils.

Under the Education Act, 1944, it is the duty of the Local Education Authority to ascertain what children require special educational treatment. These children are usually reported by the school teachers to the School Medical Officer who examines them and reports to the Local Education Authority. The number of new cases examined during the year is 9, shown in the table below under the headings given in the Handicapped Pupils Regulations, 1945.

Category.	No. of children examined.
Partially sighted ...	1
Educationally subnormal ...	7
Physically handicapped ...	1

The object of these examinations is to place the Handicapped Child in a school or class where he will receive special education calculated to make the best use of his limited capabilities. The position with regard to the placing of pupils in special boarding schools is far from satisfactory and many more such schools will require to be built before the problem is solved.

Diphtheria Immunisation.

The practice of immunising infants at or before the first birthday and again on entering school is adhered to. All parents are urged to give their consent to their children having a "booster" dose at 5 years old and this has been found to work satisfactorily. There have been no epidemics of diphtheria during the past year—only 5 children contracted the disease and there were no deaths. (For numbers of children immunised during the year see table on page 10).

Diphtheria Immunisation—Records.

In 1947 the Minister of Health evolved a card index system and by the end of the year this system, with various modifications to meet local needs, was put into operation. This method of record keeping has already proved its worth as a means of tracing non-immunised children.

Ultra-Violet Ray Clinics.

There are two Ultra Violet Ray Clinics within the County—one at Kendal and one at Windermere. The following number of school children were treated:—

Clinic.	No. of Children.
Kendal	39
Windermere	40

Treatment of Defective Vision.

Refractive errors in school children were previously treated by Dr. Wright, Assistant School Medical Officer. On her resignation in March a Scheme was evolved for the referral of children suffering from refractive errors to the local ophthalmic opticians, with whom arrangements for the supply of standard type spectacles to school children were made.

Any children suffering from defects other than refractive errors are referred to the Council's consultant eye specialists, Mr. Sumner and Mr. Brownlie.

No. of children found to be suffering from eye defects ...	496
Of these No. examined by Dr. Wright ...	120
No. examined by Opticians ...	282
No. referred to Consultant Eye Specialists	94
Total ...	496

THE EDUCATION AREA.

County of Westmorland (including Kendal):—

Area	504,917 acres
Population (estimated)	64,690
Estimated product of 1d. rate for Education, 1947-48	£1787
Number of Schools—Primary	106
Secondary	10

SUMMARY OF WORK DONE IN 1947.

Medical Inspection (children inspected)	4,707
Dental Inspection (children inspected)	8,169
Dental Treatment (children treated)	3,860
Special Eye Examination—			
(children examined by Eye Specialist)	94
(children examined by Assistant School Medical Officer or Optician)	402
School Nurses' Visits:—			
(a) Visits to children at home...	1,141
(b) To Schools	713
(c) Examinations in School	23,390
Children resident in the Ethel Hedley Orthopaedic Hospital School in 1947	14
No. of school children who attended Orthopaedic Clinics	328

TREATMENT OF TUBERCULOUS CONDITIONS IN SCHOOL CHILDREN.

No. of children who received in-patient treatment at the Ethel Hedley Hospital	1
No. of children who received in-patient treatment at Westmor- land Sanatorium, Meathop	2
No. of children who received in-patient treatment at Wrighting- ton Hospital	1

DIPHTHERIA IMMUNISATION.

No. of children immunised during the year 1947:—

Area.	0—4 years.	5—14 years.	Total under 15 years.
Appleby	23	19	42
Lakes	59	102	161
Windermere	77	72	149
North Westmorland	297	263	560
South Westmorland	204	216	420
Borough of Kendal	266	196	462

These figures include "booster" doses or re-immunisations.

REPORT OF THE SOCIAL WORKER ON WORK CARRIED OUT DURING 1947.

No. of New cases referred—115

These comprised:—

Psychiatric cases	51 (involving 61 visits)
Speech Therapy cases	...	32	„ 35 „

Home Enquiries.

(a) Medical Inspection	...	14	„ 15 „
(b) Approved and Special Schools		12	„ 14 „
Boarding-out	...	4	„ 12 „
Convalescence	...	2	„ 5 „

The follow up of old cases required a further 110 visits.

REPORT OF THE SENIOR DENTAL OFFICER FOR THE YEAR 1947.

Ladies and Gentlemen,

I have the honour to submit the Annual Report on dental inspection and treatment of Primary and Secondary school children in the County of Westmorland. The total figures will be found on page 17.

Mr. W. McGregor Morton, L.D.S., resigned as from 31st January, and Mr. Colin Parkinson, L.D.S., commenced duty on 1st February.

Primary and Secondary Schools.

During the year, all schools, with four exceptions, were inspected and treated. A total of 8,169 children were inspected, 5,189 were found to require treatment and 3,860 were treated.

Consent forms were issued to 1,192 children, either as new entrants, transferred from other local authorities, or because they wished to change to another group. The results were very satisfactory—“A” Group 81 per cent., “B” Group 8 per cent., and “C” Group 11 per cent. There are still one or two “black” spots in the County and every effort is being made by the dental staff and teachers to encourage children in “B” and “C” groups to change to “A” group.

Invitations to parents of school entrants to be present at the first dental inspection, are now being issued and this gives the dental officers an opportunity of encouraging parents to accept full dental treatment throughout the child's school life.

At one secondary school, the Head Teacher asked children, who attended private dentists, to bring a certificate of dental fitness on completion of treatment, and the response to this was very satisfactory.

Good progress was made during the year in the conservation of temporary teeth, and extractions were very considerably reduced. In temporary teeth the proportion was 2 fillings to 5 extractions, and in permanent teeth, 3 fillings to 1 extraction. The number of permanent teeth extracted may seem high, but this is accounted for by the large number, 415, extracted for orthodontic purposes. Altogether 197 children were treated by this means for irregularities, apparent or anticipated. Much has been done during the year to avoid irregularities by the symmetrical extraction of the six-year-old molars.

Other operations included 349 scalings, 386 dressings, root treatments, gum treatments, silver nitrate applications and 386 adjustments, etc., of orthodontic appliances. 19 small partial dentures were provided. In most cases these replaced teeth lost as the result of accidents.

Orthodontics.

64 appliances were provided during the year and 20 cases were completed. The majority of the appliances were of the movable type, oral screens and inclined planes, but a few fixed appliances were also used.

Mobile Dental Surgery.

After much delay, this was delivered in November and has operated very successfully in the rural areas since that time. The 12 feet van, mounted on a 2-ton chassis, provides a most compact and well fitted surgery. The advantages of this over poor temporary premises, in which portable equipment was used, cannot be too highly stressed. In every way I feel sure that the Dental Van will be a real acquisition to the County Dental Service.

Maternity and Child Welfare.

72 sessions were devoted to this work and it is anticipated that there will be an ever increasing demand for this service.

I desire to express my thanks to all the members of the dental staff for their very excellent work during the year. My thanks are also due again to the Head Teachers for the very valuable assistance and co-operation which they give.

I have the honour to be,

Your obedient servant,

J. IRVINE,

Senior Dental Officer.

THE MINISTRY'S STATISTICAL TABLES.

TABLE I.—MEDICAL INSPECTION OF PUPILS ATTENDING
MAINTAINED PRIMARY & SECONDARY SCHOOLS.

A.—PERIODIC MEDICAL INSPECTIONS.

Number of Inspections in the prescribed Groups

Entrants	1674
Second Age Group	820
Third Age Group	360
Total	2854
Number of other Periodic Inspections ...						Nil.
Grand Total						2854

B.—OTHER INSPECTIONS.

Number of Special Inspections and Re-inspections ... 1853

C.—PUPILS FOUND TO REQUIRE TREATMENT.

Group	For defective vision (excluding squint).	For any of the other conditions recorded in Table IIA.	Total individual pupils.
(1)	(2)	(3)	(4)
Entrants	63	168	224
Second Age Group	44	138	173
Third Age Group	26	37	61
Total (prescribed groups)	133	343	458
Other Periodic Inspections	—	—	—
Grand Total	133	343	458

TABLE II.

A.—RETURN OF DEFECTS FOUND BY MEDICAL INSPECTION
IN THE YEAR ENDED 31st DECEMBER, 1947.

		PERIODIC INSPECTIONS		SPECIAL INSPECTIONS	
Defect Code No.	Defect or Disease. (1)	No. of defects		No. of defects	
		Requiring treatment.	Requiring to be kept under observation, but not requiring treatment.	Requiring treatment.	Requiring to be kept under observation, but not requiring treatment.
		(2)	(3)	(4)	(5)
4	Skin ...	15	1	10	6
5	Eyes—				
	a. Vision ...	133	31	119	23
	b. Squint ...	25	5	20	1
	c. Other ...	6	2	11	5
6	Ears—				
	a. Hearing ...	4	—	14	7
	b. Otitis Media ...	4	2	9	3
	c. Other ...	1	5	8	4
7	Nose or Throat ...	69	163	188	178
8	Speech ...	7	6	20	10
9	Cervical Glands ...	3	15	4	20
10	Heart and Circulation ...	3	50	6	81
11	Lungs ...	11	21	12	30
12	Developmental—				
	a. Hernia ...	1	2	2	7
	b. Other ...	2	1	2	4
13	Orthopaedic—				
	a. Posture ...	20	3	32	11
	b. Flat foot ...	68	4	85	21
	c. Other ...	53	14	66	22
14	Nervous system—				
	a. Epilepsy ...	1	2	—	1
	b. Other ...	3	3	3	7
15	Psychological—				
	a. Development ...	4	2	7	7
	b. Stability ...	—	2	1	3
16	Other ...	54	32	96	69

B.—CLASSIFICATION OF THE GENERAL CONDITION OF PUPILS
INSPECTED DURING THE YEAR IN THE AGE GROUPS

Age Groups.	Number of Pupils Inspected.	A (Good)		B (Fair)		C (Poor)	
		No.	% of col. 2.	No.	% of col. 2.	No.	% of col. 2.
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
Entrants ...	1674	976	58.3	647	38.6	51	3
Second Age Group	820	432	52.7	339	41.3	49	6
Third Age Group	360	257	71.4	99	27.5	4	1.1
Other Periodic Inspections ...	—	—	—	—	—	—	—
Total ...	2854	1665	58.3	1085	38.0	104	3.6

TABLE III

TREATMENT TABLES

GROUP I.—MINOR AILMENTS (excluding Uncleanliness, for which
see Table V).

Number of Defects
treated, or under
treatment during
the year.

Skin—

Ringworm—Scalp—

(i) X-Ray treatment. If none, indicate by dash ... 3

(ii) Other treatment ... 6

Ringworm—Body ... 25

Scabies ... 39

Impetigo ... 44

Other skin diseases ... 59

Eye Disease ... 37

(External and other, but excluding errors of refraction,
squint and cases admitted to hospital).

Ear Defects ... 18

Miscellaneous	402
(e.g. minor injuries, bruises, sores, etc.)					

Total ... 633

Total number of attendances at Authority's minor ailments clinics	1932
-------------------------------------------------------------------	-----	-----	-----	-----	------

GROUP II.—DEFECTIVE VISION AND SQUINT (excluding Eye Disease treated as Minor Ailments—Group I).

				No. of defects dealt with
Errors of Refraction (including squint)	402
Other defect or disease of the eyes (excluding those recorded in Group I.)	94
Total				496

No. of Pupils for whom spectacles were	(a) Prescribed	...	445
	(b) Obtained	...	413

GROUP III.—TREATMENT OF DEFECTS OF NOSE AND THROAT.

			Total number treated.
Received operative treatment—			
(a) for adenoids and chronic tonsillitis	70
(b) for other nose and throat conditions	3
Received other forms of treatment	42
Total			115

GROUP IV.—ORTHOPAEDIC AND POSTURAL DEFECTS.

(a) No. treated as in-patients in hospitals or hospital schools	14
(b) No. treated otherwise, e.g., in clinicis or out-patient departments	...
	328

GROUP V.—CHILD GUIDANCE TREATMENT AND SPEECH THERAPY.

No. of pupils treated—			
(a) under Child Guidance arrangements	39
(b) under Speech Therapy arrangements	21

TABLE IV.—DENTAL INSPECTION AND TREATMENT.

(1) Number of Children who were					
Inspected by the Dental Surgeons :					
(a) Routine Age Groups	8005
(b) Specials	164
(c) Total (Routine and Specials)	8169
(2) Number Found to require treatment	5189
(3) Number Actually treated	3860
(4) Attendances made by pupils for treatment	5530
(5) Half-days devoted to	{ Inspection ..102 } Treatment 976 }			Total	1078
(6) Fillings	{ Permanent teeth.. 2656 } Temporary teeth ..1119 }			Total	3775
(7) Extractions	{ Permanent teeth .. 866 } Temporary teeth ..2890 }			Total	3756
(8) Administration of general anæsthetics for extractions	221
(9) Other operations	{ Permanent teeth ..1103 } Temporary teeth .. 156 }			Total	1259

TABLE V.—INFESTATION WITH VERMIN.

(i) Total number of examinations in the schools by the school nurses or other authorised persons	...	23390
(ii) Total number of individual pupils found to be infested	...	536
(iii) Number of individual pupils in respect of whom cleansing notices were issued (Section 54 (2), Education Act, 1944)	...	Nil.
(iv) Number of individual pupils in respect of whom cleansing orders were issued (Section 54 (3), Education Act, 1944)	...	Nil.

TABLE VI.—SCHOOL MEDICAL AND DENTAL STAFF.

Names of Medical Officers.	Proportion of whole time (expressed as a percentage) devoted to School			
	Health Service.		Public Health.	
S.M.O.—John A. Guy, M.D., Ch.B., D.P.H. ...	20%	...	80%	
A.S.M.Os.—J. M. L. Wright, L.R.C.P., Ed.; L.R.C.S., Ed.; L.R.F.P. & S., Glas.; D.P.H. (Resigned 31-3-47) ...	50%	...	50%	
F. M. Taylor, M.R.C.S., L.R.C.P. (Appointed permanently 1-4-47) ...	50%	...	50%	
J. Berkeley, M.D., Ch.B., D.P.H. (Appointed 19-5-47) ...	50%	...	50%	

Names of Dental Officers.	Proportion of whole time (expressed as a percentage) devoted to School			Public Health.	
	Health Service.				
Senior Dental Officer—					
J. Irvine, L.D.S.	90%	...	10%
Assistant Dental Officers—					
W. McGregor Morton, L.D.S. (Resigned 31-1-47)	100%	...	—
D. H. Watson, L.D.S.	95%	...	5%
C. Parkinson, L.D.S. (Appointed 1-2-47)			95%	...	5%

Nurses.	Number of officers.	Aggregate of time given to School Health Service work in terms of whole time Officers.	
School Nurses ...	2	...	1 full time, 1 part time
District Nurses ...	34	...	1-10th — 3.4
Nursing Assistants ...	—	...	—
Dental Attendants ...	3	...	2.8

